

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

Dallas, Texas
July 1945

WAR FOOD ADMINISTRATION
Commodity Credit Corporation
Office of Supply

FOR JULY IT'S A SALAD

There's nothing like a cool crisp salad to perk up jaded, mid-summer appetites. Maybe that's one reason they're becoming more popular with industrial workers.

Make July salad month. Salad foods are in abundance throughout the southwest. Eighteen vegetables and nine fruits march out front in The Food Parade. Nearly all of them are good in salads.

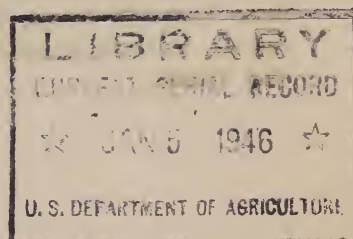
Peaches head the list. But there's a story behind peaches. Farmers are harvesting the biggest early crop in history. The peaches are moving to food bins at a steady pace and they'll be plentiful for several weeks.

Serve them often while they're plentiful, either raw or cooked. Now's a good time to "put up" some for use later on when commercial supplies of most canned foods are going to be more scarce.

The armed forces get first call on supplies of canned foods and there's not going to be very much left over for civilians. So, the fruits you can now, especially peaches, will come in handy later on when you're looking for variety in wartime menus.

PEACHES ARE HEALTHFUL

Delicious flavor is reason enough for eating peaches. On the wholesome side, peaches at the peak of ripeness offer a fair amount of vitamin C and this vitamin increases as the peach matures. Yellow-fleshed peaches contain vitamin A.



MAKE GOOD USE OF PEACHES

It's hard to beat peaches, whether they're eaten out of hand...sliced and served with cream or top milk...cooked...served as a fruit cup. Let sliced peaches top a bowl of cereal, hot or cold.

For a refreshing salad, try halved peaches nesting in crisp lettuce... sometimes with cottage cheese or cream cheese or chopped fruit in the hollow of the peach half. Or combine peaches and other fruits, crisp and cold, and cut in slices or good-sized diced pieces.

Hollow out a half cantaloupe and fill with fresh peaches, combined with other fresh fruits.

For a warm weather lunch or supper, a generous fruit salad plate may need only bread or sandwiches and a beverage to round out a wholesome meal.

Keep peaches cool until used. Spread them out to avoid bruising. Let peaches that are a little on the green side ripen at room temperature.

To prevent peeled or sliced peaches from turning dark and unattractive, sprinkle with a little lemon juice.

Experiment with sweetenings to save sugar. Try a little honey or sirup. The percentage of sugar that may be replaced by cane or corn sirup is 50 percent.

SERVE THE OLD STAND-BYS

Peach season wouldn't be complete without one or more of the old-time favorites...peach shortcake, peach cobbler and peach turnover.

Biscuit Dough For Peach Desserts

2 cups. sifted flour	3/4 teaspoon salt
3 teaspoons baking powder	1 tablespoon fat
3/4 cup milk, or enough for soft dough	

Sift dry ingredients and cut in fat. Make a well in the mixture and add the milk slowly and stir from the center with a fork until a soft dough is formed. Toss on a lightly floured board and use as directed. For a richer dough, cut in more fat.

Peach Shortcake

Bake biscuit dough in rounds. Split hot shortcake apart and place fresh, sliced peaches between and on top. Serve at once with or without cream.

Peach Cobbler

Roll out a rich biscuit dough in size to cover a baking dish. Slash the top so it will let out the steam. Partly fill the dish with lightly sweetened peaches and cover with the dough.

Bake in a hot oven (400° F.) until the crust is brown. To save on fat in making the dough, use latticed strips instead of a sheet of dough over the fruit.

Peach Turnover

Cut biscuit dough in circles about the size of a saucer. On one side place chopped peaches, lightly sweetened with sirup if necessary. Fold over. Crimp the edges and bake.

"PUTTING UP" THE PEACHES

Peaches can be put up in a variety of home methods, offering variety for meals later.

Peaches for home and community canning, freezing, drying or for preserves should be table ripe and firm. The pink blush doesn't tell much about quality but background color shows ripeness. Softer fruits, if they're sound, are good for peach butter or jam. Slightly over-ripe peaches make the best pickles.

SPARE THE SUGAR...BUT SAVE THE FRUIT

Since the recent cut in sugar rations, canning specialists of the U. S. Department of Agriculture have been asked many questions. Here are some of the most frequently asked...and answers. Maybe they're the same questions you've asked lately.

Q. How much fruits can I put up with the reduced canning sugar allowance?

A. The maximum allowance of 15 pounds of canning sugar per person should sweeten about 60 quarts of fruit - 350 generous servings.

Q. How much sugar should I allow to a jar of fruit?

A. The recommended wartime proportion is one pound sugar to 4 quarts finished fruit. This makes a medium-thin sirup averaging about 1/2 cup sugar per quart fruit. Sour fruits may take more than this average...juicy, sweet fruits less.

Q. Can I put up fruit without any sugar?

A. Yes. Sugar helps canned fruit hold color and flavor but it is not essential to prevent spoiling. Rather than let good fruit go to

waste, put up some without sugar. Process unsweetened fruit in the same way as sweetened.

- Q. What about stretching canning sugar with corn sirup, honey or molasses?
- A. Corn sirup may replace up to $\frac{1}{3}$ the sugar...honey up to $\frac{1}{2}$. Do not use molasses. Its flavor overpowers the fruit. It also gives a dark, unattractive color and may cause spoilage.

Instead, use molasses and cane, maple and sorghum sirups to spare some sugar from the everyday ration...then use this sugar for canning.

- Q. Sometimes I can get brown sugar when I can't find white. Can I use this in canning fruit?
- A. No, for the same reasons as those that make molasses inadvisable. For some pickles and relishes though the flavor of brown sugar is desirable.
- Q. What about jams, jellies and pickles? Has the ruling of a five-pound maximum for these been changed?
- A. No. Using the entire ration for canning, however, saves the most fruit. If the family craves a few sweet spreads, remember fruit butters take proportionally the least sugar. Some pickles and relishes require none.

SALADS HELP STRETCH RATION POINTS

There's no need to ration salads. Furthermore, they may be used as a means of extending other foods that are in short supply. Ham, chicken, canned fish and other scarce foods will go farther when they're combined in a salad plate with cabbage, carrots, tomatoes and green peppers.

Help to make your plant's ration points go farther by choosing a cool, crisp vegetable or fruit salad or an appetizing salad plate with your meals at the plant. The same principle applies at home, too.

OTHER FRESH FOODS ARE ABUNDANT

Next to peaches the most abundant foods in the southwest are tomatoes and carrots, followed by onions, oranges and cabbage. Most markets are stocked with lettuce, beets, cucumbers, potatoes and cantaloupe.

SALADS ARE GOOD FOR YOU

Fresh fruit or vegetable salads pack a whale of a punch when it comes to vitamins A and C so often lacking in our meals. Tomatoes are at the head of the class of all salad vegetables in these vitamins. Carrots...like tomatoes...add color as well as food value to the raw vegetable salad.

Greens...such as lettuce, endive, chickory, watercress, spinach and green peppers...are rich in vitamins. Translated into food value a large bowl of salad greens provides the health protective vitamins A and C.

Among the other fruits...in addition to peaches...citrus fruits, cantaloupe, pineapple and apricots make vitamin-rich salads.

Choose a fruit or vegetable salad at your cafeteria to accompany your main dish...or choose a cold plate which may be used in place of an entree. A satisfying lunch may be selected around the cold plate by adding enriched bread or rolls, a beverage and dessert.

MENU PATTERNS AND SAMPLE MENUS

Here are a few menu patterns you might like to follow when selecting your lunch. Each menu pattern is illustrated by a sample menu which shows how to select a lunch which will be wholesome and satisfying.

<u>MENU PATTERN</u>	<u>SAMPLE MENU</u>
1. Soup (cream, chowder, split pea or bean soup) Salad Bread and butter Dessert Beverage	1. Vegetable chowder Stuffed egg salad Whole-wheat rolls with butter Peach cobbler Beverage
2. Citrus fruit or tomato juice Salad Sandwiches Dessert Beverage	2. Tomato juice Ham salad Peanut butter sandwiches Baked custard Beverage
3. Salad Potatoes Green or yellow vegetable Bread and butter Dessert Milk	3. Tuna fish salad Baked potato Summer squash Whole-wheat bread and butter Peach shortcake Milk
4. Cold plate Bread and butter Dessert Milk	4. Cold plate: Sliced luncheon meat Cabbage and green pepper salad Potato salad Biscuits with butter Peach turnover Milk

Paul Stárk was recently appointed Director of Home Food Supply. He strongly urges everyone who has access to a plot of ground to grow vegetables for home preservation.

The need for Victory Garden tomatoes is especially great since the commercial supply is going to be low this year.

If you need hints on the "how" of canning fruits and vegetables, you'll want the United States Department of Agriculture bulletin. It's called "Home Canning of Fruits and Vegetables", AWI-93.

We have several copies on hand in the Regional Office and we'll be glad to send you one or two if you'll let us know.

Address your request to Commodity Credit Corporation's Office of Supply, USDA, 425 Wilson Building, Dallas 1, Texas.